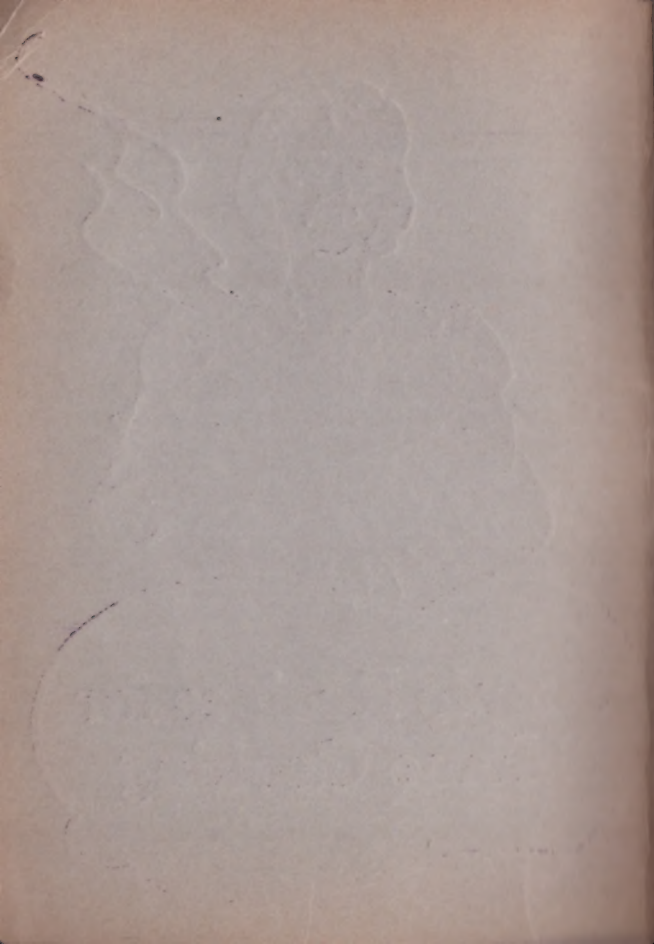




Simple Recipes for Home Cooking



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Simple Recipes for Home Cooking

Gaylord Du Bois

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CONTENTS

Cooks and Cook-Books.....	5
Soups	9
Brown Beef Stock—Julienne Soup—Lamb Broth—Chicken Soup—Chicken Broth—Cream of Celery Soup—Split Pea Soup—Bean Soup—Potato Soup—Vegetable Soup—Cream of Tomato Soup.	
Fish	15
Boiled Cod—Scalloped Fish—Broiled Mackerel—Baked Salmon—Clam Chowder—Baked Oysters in a Jacket.	
Beef	19
Broiled Steaks—Hamburg Steak—Beef Hash—Roast Beef—Braised Beef Tongue—Beef Stew—Baked Liver—Beef Pie—Creamed Dried Beef—Veal Cutlets—Loin of Veal with Vegetables—Veal Chops—Scalloped Veal.	
Pork	26
Roast Pork (Leg, Loin, or Shoulder)—Baked Ham (Sliced)—Boston Baked Beans.	
Lamb and Mutton.....	28
Roast Lamb—Breaded Chops—Boiled Leg of Mutton—Lamb Curry—Lamb Fricassee—Lambs' Kidneys.	
Poultry	31
Roast Chicken—Broiled Chicken—Chicken Fricassee—Fried Chicken—Goose, Duck, Turkey—Boiled Fowl.	
Vegetables	35
Boiled Potatoes—Mashed Potatoes—Baked Potatoes—Stuffed Baked Potatoes—French Fried Potatoes—Potato Chips—Potato Fluff—Potato Croquettes—Creamed Boiled Potatoes—Creamed Potatoes au Gratin—Baked Sweet Potatoes—Glazed Sweet Potatoes—Fried Sweet Potatoes—Boiled Cabbage—Baked Cabbage—Boiled Cauliflower—Creamed Cauliflower—Scalloped Cauliflower—Corn Oysters—Corn Fritters—Stuffed Green Peppers—Puree of Spinach—Baked Squash—Scalloped Tomatoes.	

CONTENTS—Continued

Eggs	45
Soft Boiled Eggs—Poached Eggs—Fricas- seed Eggs—Scrambled Eggs—Plain Om- elette—Meat or Vegetable Omelette.	
Salads	48
Plain French Dressing—Plain Boiled Dressing—Sour Cream Dressing—Mayon- naise Dressing—Potato Salad—Lettuce and Tomato—Egg Salad—Cottage Cheese—Fruit Salads—Meat Salads, etc.	
Bread	52
White Bread—Whole Wheat Bread—Oat- meal Bread—Raisin Bread—Raised Biscuits —Graham Bread.	
Muffins, Corn Bread, etc.....	56
White Muffins—Whole Wheat Muffins— Corn Bread or Muffins—Johnny Cake—Pop- overs—Steamed Brown Bread I—Steamed Brown Bread II—Plain Plum Pudding— Baking Powder Biscuits—Griddle Cakes— Whole Wheat Griddle Cakes.	
Cakes, Gingerbread, etc.....	60
Feather Cake—Sponge Cake—Sour Milk Cake—Lillian's Cake—Coffee Cake—Fairy Gingerbread—Sugar Gingerbread.	
Pies	63
Pie Crust—Apple Pie—Squash Pie—Lemon Pie.	

SIMPLE RECIPES FOR HOME COOKING

COOKS AND COOK-BOOKS

A friend in need, a guide to your own observation, good judgment and memory, a hoard of valuable suggestions to aid you in time of doubt—that is all you should expect of any cook-book; and it is a great deal. For cooks, like members of all the other great professions, must arrive through practice, however much or little they may know of theory. If you have practised preparing one good dish until you can go it perfectly, you have more right to the title of cook than if you could prepare a course dinner half spoiled. Still, few of us would be satisfied to live on one or even a dozen excellent dishes, repeated every day; and so the cook's responsibility is twofold: she (or he) must contrive a wide variety, taking care at the same time to make each dish as wholesome and attractive as possible. Good cookery is a labor of love, not to be slighted in any detail; and to this end a reliable cook-book is a price-less help.

History scarcely records a time when culinary arts were unknown. Among the early Romans, the rarest dishes were the most highly prized, elaborate preparation rather than nutritive qualities being the measure of excellence. Star-fish, dogfish, hawks, porpoises, and the flesh of other strange animals regarded now-

6 SIMPLE RECIPES FOR HOME COOKING

adays as inedible were the pride of a Roman cuisine. The cooks of old Greece, on the other hand, managed to combine wholesomeness with rarity, and their most freakish inventions were apt to be also very delicious, judged even by modern standards. They could serve up a whole pig dexterously boiled on one side, roasted on the other, and stuffed with flavored and spiced thrushes, eggs, and various delicacies, so that the guest could not discover where the animal had been divided.

Western Europe lagged far behind these peoples in cookery, as well as in the less important amenities of civilization. While Greece was perfecting a kind of glorified Welch rarebit, France, Germany, and their neighbors were tearing half burnt flesh from the carcasses of freshly killed swine, beeves, horses, or whatever might have fallen to their hunting-spears. The first Western gourmets were among the royalty and their courtiers, who for many generations held a monopoly of the best culinary secrets; and not until after the French Revolution did public restaurants place cleverly served and varied meals within reach of the ordinary citizen. But the last lesson which the world was to learn in the preparation of everyday food had to be taught by that best of professors, the careful housewife. Simple food made more healthful and delicious than ever before, by good cooking and attractive service—that is her contribution, marking the highest point cookery has yet reached or is likely to reach.

All conditions are in favor of the modern cook, let him be chef in a great hotel or in a

lumber-camp. As for the housewife, whether she cooks by electricity or totes her fuel from the wood-pile, she has a hundred more conveniences than her great-grandmother dreamed of, to say nothing of excellent markets where either raw materials or prepared foods may be had at very short notice. She need plan her meals only from day to day; and if some essential should be missing from the pantry, the telephone will generally bring it to her in time for dinner. But markets, conveniences, and books on cookery will never set a good meal on the table without the skill and devotion of a genuine cook. The management of one's particular oven, the exact consistency of custards, the nice browning of baked meats and pastry; these are details which nothing but experience can teach, and without which a good meal can hardly be prepared. Written instructions can only point out the way which each cook must follow for herself.

The observance of a few general principles, in planning a single dish or a full menu, will greatly lighten the labor of cooking. First of all, if you do not know your recipes by heart, place your cook-book on the table and keep it open. Then pick out from your supplies everything that you will need to use—even to kitchen utensils—and set them within easy reach. Proceed to think out the various steps of measuring, mixing, heating, etc., in their proper order. See that your fire or oven is exactly as you wish it—that nothing, in short, has been overlooked that will save you time and mistakes. If your luck should be poor from now on, it will not be the fault of carelessness.

8 SIMPLE RECIPES FOR HOME COOKING

Remember that the apparent nonchalance with which an expert cook will sometimes "throw together" an attractive meal is proof in reality that she knows just what to do and how to do it so well that the preparations go forward with astonishing speed to their orderly and triumphant conclusion.

It would be difficult, as it is unnecessary, to memorize all the recipes which you may use in the course of a year, or even a month. Experienced cooks know by heart scores of recipes, but they are likely to forget almost as many as they remember; when in doubt or seeking fresh suggestions, they refer to their recipe book. Beginners least of all should feel ashamed, therefore, to depend on whatever real help other people can give them, either through printed books or by personal instruction.

For a companion handbook to this, the reader-cook is reminded of "French Cooking for Amateurs," by Faith Maris (Little Blue Book No. 377).

SOUPS

Although there are a number of very good soups which require no meat stock, the majority of recipes call for a basis of meat properties (juice, gelatin, and fat in suitable quantities), to which other ingredients may add their nutriment and flavor. Unless there happens to be plenty of left-over material on hand, fresh meat must be had, preferably cracked beef-bones with some lean and a little fat meat included. These should be put on the fire in cold water, without salting, and kept covered until the cooking is finished (five or six hours). If a rich color is desired, the meat must be seared first in a hot frying pan until it is well browned, or else a small amount of caramel must be added. When the meat is thoroughly done the soup should be strained through a colander, and if a clear stock is required, through cheese-cloth. The cake of fat which forms over the stock when it is cold must not be skimmed off until the stock is used.

Brown Beef Stock

Separate the meat from six pounds of beef-shin and sear about one-third of it in a hot frying-pan together with enough fat to prevent burning. Put all the meat and the bones (cracked) into a soup kettle with three quarts of cold water, and heat slowly until the water

10 SIMPLE RECIPES FOR HOME COOKING

boils. Then remove the scum that has risen to the surface, cover the kettle, and cook for six or seven hours at a temperature just under the boiling point. Add one-half cup chopped celery, three onions sliced, one large carrot, a pinch of cloves or allspice, a tablespoon of salt, half a teaspoon of pepper, and a bit of parsley or bay leaf if desired. Cook for an hour and a half longer, taking care that the liquid is not allowed to boil away; strain through cheese cloth, and allow to cool quickly. After the cake of fat has been removed, this stock may be heated and served as bouillon, diluted or not, according to taste.

Julienne Soup

Slice into thin strips one-half cup each of carrots, turnips and cabbage. Stew in just enough salted water to cover them until all the vegetables are tender. Add a handful of peas and the same amount of string beans (canned, or previously cooked), and one quart of brown beef stock. Heat nearly to boiling, and serve.

Lamb Broth

Put two pounds of lean lamb on the fire in two quarts of water, without salt. Boil for two hours, and then add one-fourth cup of well-soaked rice or barley. Let the soup simmer for another hour, stirring it from time to time, in order to keep the rice or barley from sticking

to the bottom of the vessel. Rub a tablespoon of flour into a cup of cold milk until it is perfectly smooth; stir into the milk and flour a pint of the boiling soup; pour the mixture back into the soup pot; add salt and pepper to taste, and a sprig of parsley; boil for three minutes and serve.

Chicken Soup

Cut up a three pound fowl as if for a fricassee, leaving the breast whole. Place in a pot with half a pound of raw ham, and cover with water. Stew for at least two hours, so that the breast is tender; remove breast, and add to the pot three quarts of boiling water. Cook until the meat is in shreds; drop in the white meat (breast) diced; and season with salt, white pepper, and chopped parsley. Stir in slowly a pint of milk thickened with two tablespoons of flour. Bring to a boil, and serve. Half a cup of boiled rice may be added at the time of seasoning, if so desired.

Chicken Broth

Break in pieces the carcasses of two small fowls, or one large carcass, and place in a kettle with any left-over scraps of the meat. Cover well with cold water, heat to boiling, and cook slowly for two hours with a few stalks of celery. Strain off the liquor, remove all the fat that rises to the surface, add salt and pepper.

12 SIMPLE RECIPES FOR HOME COOKING

Cream of Celery Soup

In one quart of chicken broth, boil three cups of chopped celery and a thin slice of onion until celery is soft. Rub through a sieve; add a pint of scalded milk. Mix thoroughly two tablespoons of butter with three of flour; stir in smoothly a pint of hot soup; turn the whole back into the soup-kettle; add one cup of cream. Season with salt and pepper; heat nearly to boiling; and serve.

Split Pea Soup

Soak one quart of dried split peas overnight. In the morning put them into a deep soup-pot with one pound of salt pork cut into inch cubes, half a pound of beef, a cup of sliced carrots, and a few stalks of celery. Cover with four quarts of water and boil very slowly until only two quarts of the liquid remain. Remove from the fire, and rub through a coarse sieve or colander, saving out half of the sliced carrot to be served with the soup. Turn the soup back into the pot, add a few bits of celery tops and parsley chopped fine; bring to boiling point; and at the moment of serving, scatter over the surface of the soup small cubes of stale bread which have been fried brown in butter.

Bean Soup

Soak one quart of kidney beans or black beans overnight in lukewarm water. In the

morning, drain off the old water and set them on the fire in four quarts of fresh cold water with two pounds of salt pork. Cover the pot and boil for three hours. Add several stalks of celery chopped fine, and a small onion sliced and browned in a frying-pan with butter; boil until celery is soft; rub through a coarse sieve; return to the fire. Mix one tablespoon of butter with an equal amount of flour and stir in a portion of the hot soup; pour this mixture back into the pot. Boil for five minutes, season with pepper and salt, and serve with a slice of lemon to each plate.

Potato Soup

Peel and quarter three medium-sized potatoes; boil in salted water until soft enough to rub through a strainer. Slice a small onion into a quart of milk, and scald; after which remove the onion and stir milk gradually into the potatoes; heat to boiling. Blend with a tablespoon of melted butter one tablespoon of flour, a teaspoon of salt, and a few grains of cayenne pepper; stir in sufficient hot soup to make a smooth cream, and pour this back into the soup-pot. A dash of celery salt may be added, according to taste. Cook from one to three minutes, strain, add a small lump of butter, sprinkle with chopped parsley, and serve.

Vegetable Soup

Dice one half cup each of carrot, turnip, celery, one cup of potato, and a small onion. Stir

14 SIMPLE RECIPES FOR HOME COOKING

over the fire for ten minutes in four tablespoons of butter or margarine. Add one quart of water and boil for an hour. Season with pepper and salt to taste, add a small lump of butter, sprinkle with a little finely chopped parsley, and serve.

Cream of Tomato Soup

Scald one quart of milk into which a small onion has been sliced; remove onion. Make a thin cream with four tablespoons of flour and cold water; pour this into the hot milk, stirring constantly over the fire until milk is almost boiling. Cook just below boiling-point for twenty minutes. Heat one half can of tomatoes with three teaspoons sugar for fifteen minutes; add one fourth teaspoon of baking soda; rub tomatoes through a sieve. Stir tomatoes into the hot milk; add a lump of butter the size of an egg, salt and pepper to taste. Serve.

FISH

Boiled Cod

Soak the fish in cold, salted water, for half an hour, remove, wipe, place in a kettle with slightly salted boiling water to cover it, and boil from twenty to thirty minutes.

Prepare sauce as follows:

Rub two tablespoons of flour into one of butter; thin to a smooth cream with hot water; season with salt, parsley (chopped), and a few capers or a teaspoon of lemon juice. Boil up once, thinning with hot water to desired consistency.

Place the fish in a hot dish and pour the sauce over it. Garnish the sides of the dish with slices of hard-boiled egg and sprigs of parsley; serve.

Escalloped Fish

Prepare sauce, as in case of boiled cod. Pick out cold left-over portions of fish (cod, halibut, haddock, etc.); mix with sauce, being careful not to break the flakes of fish too small. Place a layer of cracker-crumbs in the bottom of a well-buttered baking dish; cover with a thick layer of fish and sauce to which a few slivers of onion and a dash of nutmeg have been added; add another layer of cracker-crumbs spread with melted butter, and another thick

16 SIMPLE RECIPES FOR HOME COOKING

layer of fish, as before. Continue the layers until all the fish is used; scatter buttered cracker-crumbs over the top, and place in a medium oven. Bake until the surface is well-browned; serve piping hot, with slices of lemon if desired, and a sprinkling of paprika.

Broiled Mackerel

Clean, wash, and dry a fresh mackerel. Split and lay flat on a buttered broiler, with the backbone in the middle. Salt lightly, and broil over a clear fire, with the inside of the fish downward until that surface is browned. Turn; brown the outside slightly; turn again, and broil carefully until done. Place on a hot dish, spread the fish with butter; cover for a few moments with another hot dish, and serve.

Baked Salmon

Wash the fresh salmon, dry with a soft cloth, and rub the surface with salt, pepper, and powdered nutmeg. Place in a medium oven, on a grating laid over the baking pan, and baste with melted butter as the baking proceeds. The time required for baking will depend somewhat on the amount of the fish; consider forty-five minutes as an average length of time. When the fish is thoroughly done, remove from the oven and cover tightly in a hot dish. Prepare a small amount of "whitewash" (flour and water stirred to a thin cream); add a little hot water, and stir this into the gravy that remains

SIMPLE RECIPES FOR HOME COOKING 17

in the baking-pan. Season the gravy with two teaspoons of tomato ketchup and the juice of half a lemon; boil up once, and serve either separately or poured over the salmon. Canned peas, parsley, or bits of celery tops may be used for garnishing, with slices of hard-boiled egg.

Clam Chowder

Heat the liquor of one quart of clams, strain, and set aside. Chop the hard parts of the clams very small, setting the soft parts aside. Fry until crisp five or six slices of salt pork, and chop. Fry one small onion, sliced, in the pork fat and strain the fat into a kettle. Cut one quart of potatoes in cubes of less than an inch; lay them in the bottom of the kettle with the pork fat. Sprinkle with the chopped fried pork and add the chopped portions of the clams. Sprinkle with pepper, salt, and a little flour; add the remaining potatoes, another dusting of flour, and finally just enough boiling water to cover. Boil for fifteen minutes, then add the soft parts of the clams, a quart of scalded milk and a large lump of butter. Boil for five minutes, and add six ordinary crackers or an equal quantity of small ones previously moistened in milk. Heat the clam liquor that has been reserved to the boiling-point; thicken with a tablespoon of flour that has been rubbed into one of butter; add liquor to chowder, and serve, substituted, if so desired.

Baked Oysters in a Jacket

Fasten a slice of bacon around each oyster

18 SIMPLE RECIPES FOR HOME COOKING

with tooth-picks or sharpened match-sticks. Place in a broiler over a dripping-pan and bake until bacon is very crisp, turning the broiler over when the upper side begins to brown. A few drops of lemon juice at the moment of serving improve the flavor.

BEEF

Broiled Steaks

Broiling is one of the simplest and commonest ways of cooking steaks, and the result is more digestible than that of frying. Steak should be cut at least an inch thick, and during the first minute of broiling it is very important to turn every few seconds, so that the surfaces may be well seared before the inner juices begin to escape. If much of the juice drips away during broiling, the meat will be dry and will have lost in flavor and delicacy. Unless the cook knows by experience when steak is properly cooked, she had best make a small incision in the edge with a sharp knife at the end of five minutes broiling, and thus avoid serving too rare or too well done. Butter spread over the steak at the moment of serving always improves it,—and may help to cover a multitude of sins if the cook should have been careless. Salt and pepper.

Hamburg Steak

Shoulder cuts or chuck steak are often preferred to the heavier cuts in preparing Hamburg steak. In any case a little fat or suet should be included with the lean meat. Run the meat through a chopper and set aside in a deep bowl. Where two pounds of meat are to

be used, moisten half a cup of stale bread in cold water; press out water, sprinkle bread with pepper, salt, and a pinch of sage, add one beaten egg and two teaspoons of sugar. With spoon or fingers, mix the bread thoroughly with the meat, and shape into flat patties. Broil; or else fry in bacon fat with chopped onion.

Beef Hash

Chop finely cold roast beef or boiled corned beef and mix with an equal amount of cold boiled potatoes diced; add pepper, salt, and melted butter. Fry in a buttered pan until heated through; press into one half of the frying-pan with a broad-bladed knife; and allow hash to brown slightly on the under side. Turn onto a platter, brown side up, and press gently into an oblong, using a clean towel or cheesecloth to protect the hands. Garnish with parsley and sliced lemon. Serve at once.

Roast Beef

Have sirloin or rib roast boned and tied by your butcher. Place roast on grating over dripping pan, and just before putting it in the oven pour over it a cup of boiling water. The oven should be very hot for the first ten minutes of roasting, after which the temperature should be allowed to drop somewhat, so the outside of the roast may not be scorched while the inside is still raw. A five-pound roast requires around an hour and a half in the oven. When

the meat is quite done, remove from pan to a hot dish, and set in the open oven. Skim or pour off grease from the top of the drippings; set pan on the stove; thicken drippings with a little flour that has been rubbed smooth in cold water; bring to boiling-point and cook for three minutes. Strain gravy and serve in a gravy-boat. If a rich brown gravy is desired, the drippings should be set over a hot fire and dry flour stirred in until well browned. Afterwards hot water must be added to required consistency. Quartered onions and a few pieces of carrot roasted with the meat will add to its flavor and improve the gravy.

Braised Beef Tongue

Boil a fresh beef tongue for two hours. Remove the skin and place tongue in a stew-pan with one half cup of carrots, an equal amount of celery, diced or chopped, and one small onion quartered. Over a hot fire stir half a cup of flour into same amount of butter until brown. Stir gradually into this three cups of the water in which the tongue was boiled and add a cup of canned tomatoes. Salt, and season with black pepper and a dash of cayenne. (A spoonful of Worcestershire Sauce may be used, with less pepper). Pour the sauce over tongue and vegetables; cover, and bake two hours, turning tongue once. Serve the tongue surrounded with its sauce and vegetables and garnished with parsley. Tomatoes may be omitted in preparing the sauce and a cup of the tongue-water substituted, if so desired.

Beef Stew

If fresh meat is used, cut it up in inch cubes, and brown quickly in a frying-pan in its own fat. Place in a kettle with such pieces of bone as may have been bought with the meat; cover with boiling water. Stew slowly for two hours, at the end of which time add a small sliced onion, turnips, and carrots cut in cubes. (For five pounds of meat use one cup each of turnips and carrots). Add salt and pepper and stew for another hour. During the cooking it may be necessary to replenish with hot water the liquid that has evaporated. Twenty minutes before removing kettle from the fire, add twice as much potatoes as there are other vegetables in the stew; potatoes may be cut in thick slices or in cubes. Remove all pieces of bone and lumps of fat; skim; thicken stew with a little flour that has been rubbed smooth in cold water.

Before serving, the stew may be poured over baking-powder biscuits which have been split and toasted; or it may be served with dumplings.

Baked Liver

Soak a lobe of beef liver in salt water for two hours. Place on a grating over dripping-pan; cover liver with slices of bacon; put a little water into the pan; bake until bacon is brown. Remove bacon, and continue baking in a slow

oven for an hour, basting liver every fifteen minutes.

A stuffing may be made for the liver, as follows: Mix a small quantity of stale bread, moistened, with twice as much cold chopped ham and a few slices of onion chopped; add salt, pepper, one beaten egg. Make a deep incision the entire length of the liver; stuff; skewer edges together; cover with sliced bacon, and proceed with the baking.

Beef Pie

Cut up cold roast or broiled steak in cubes; add slices of onion and boiling water to cover; stew for an hour. Thicken the liquor with a little flour rubbed smooth in cold water. Season with salt and pepper. Add sliced potatoes that have been boiled for ten minutes. Turn into a buttered baking-dish; allow to cool; cover with pie-crust, and bake in a brisk oven until crust is well browned. Prick crust with a fork, or make a few tiny slits in it before placing in the oven.

Creamed Dried Beef

Soak a quarter of a pound of dried beef in cold water for fifteen minutes. Scald one cup of milk. Rub one half cup cold milk into two tablespoons of flour; add to hot milk and cook, stirring constantly until milk begins to thicken. Add the beef, drained, and cook for ten minutes longer.

Veal Cutlets

Slices of veal should be from the leg, half an inch thick and cut in pieces suitable for serving. Rub lightly with salt and pepper; dip in flour, then in beaten egg, and lastly in stale bread crumbs or cracker crumbs. The cutlets may be fried at once, *very slowly*; or they may be boiled first until tender, then breaded with flour, egg, and crumbs, and fried. If served with a sauce, bread the cutlets and fry slowly, pour sauce over them, cook slowly in a covered stew-pan for forty minutes, and serve with parsley.

For the sauce, brown two tablespoons of flour in two of butter or margarine; stir in gradually a cup of stock or water and half a cup canned tomatoes; add a few slivers of green peppers, salt, pepper, and a dash of lemon juice or Worcestershire Sauce. Tomatoes may be replaced with stock or plain water, if so desired.

Loin of Veal with Vegetables

Rub four or five pounds of veal with salt and pepper; dip in flour; and brown all surfaces in a stew-pan with butter, being careful to avoid burning. Pour over the meat between one and two cups boiling water; cover pan tightly, and stew slowly until the veal is tender. Cooking may require as much as three hours, depending upon the amount of meat. Replenish water from time to time, as it evaporates.

After removing the meat, thicken the liquor with a little flour that has been rubbed smooth in cold water. Serve the veal surrounded with a quart of mixed boiled vegetables cut in cubes (carrots, turnips, string beans, a few peas). Boiled potatoes may be served whole or cut in cubes, on the meat platter. Serve gravy separately, in a boat.

Veal Chops

Follow recipe for Veal Cutlets.

Scalloped Veal

Chop cold cooked veal, season with salt and pepper, and place a layer in the bottom of a buttered baking dish; add a layer of cracker or bread crumbs, buttered and moistened in milk. Add another layer of veal and one of crumbs, as before, and continue until materials are exhausted. Pour over sufficient stock or warm water to saturate, and spread over the top a generous layer of crumbs wet with milk and beaten egg. Scatter small lumps of butter over the whole; cover baking-dish closely, and bake thirty minutes. Remove cover from dish and bake ten minutes more, so that the top may be well browned.

PORK

Roast Pork (Leg, Loin, or Shoulder)

Place on grating over dripping-pan whose bottom is just covered with water. Pork should be basted chiefly in its own fat, and only a little water is needed at first. Baste frequently, however, so that the skin will not harden. When roasting is finished, skim fat from the drippings; place pan on hot stove, stir in flour until gravy is brown; add boiling water to desired consistency; season with salt and pepper and a dash of lemon juice; boil for two or three minutes, strain, and serve in a gravy boat.

Leg of pork may be stuffed as follows:

Make deep incisions near the knuckle-bone, and insert stuffing made of crumbs moistened in milk or water and seasoned with sage, salt and pepper. Tie with a stout string so that stuffing will not escape. Allow about twenty minutes to each pound of pork in roasting.

Baked Ham (Sliced)

Spread brown sugar one-quarter inch thick over an inch-and-a-half slice of raw ham. Spread dry mustard thinly over the sugar. Place ham, right side up, in a flat pan and pour into pan half an inch of water. Invert

another pan over the whole and bake an hour and a half in a slow oven, taking care that water does not evaporate to leave the ham dry.

Boston Baked Beans

Pick over carefully a quart of pea beans and soak them over night in cold water. In the morning, place them over a slow fire in fresh cold water and simmer (do not boil) until the skins will break when blown upon. Drain off water and put the beans in a pot which they should nearly fill, with one small onion at the bottom of the pot. Cut a quarter of a pound of salt pork into two-inch cubes; bury pork in the beans, up to the rind. Stir two tablespoons of molasses, two of sugar, and one of salt into a cup of boiling water; pour over beans, and add enough hot water to the pot to cover. Put pot in oven with the lid on; bake slowly for seven hours; uncover pot, and bake another hour.

LAMB AND MUTTON

Roast Lamb

The common cuts of lamb for roasting are the leg and loin, the shoulder, and the saddle. Place lamb on grating with a little water in the dripping pan. Roast in a brisk oven, around twelve minutes to each pound of meat. Baste frequently, for the first few times with salted water, and later with drippings from the pan. When meat is quite done, remove to a hot dish; pour off or skim the grease from the drippings, and thicken the latter with browned flour. Dilute to proper consistency with boiling water; bring to boiling point; strain gravy and serve in a boat. Serve the lamb with apple, currant, or grape jelly.

Breaded Chops

Rub chops with salt and pepper; dip in flour, next in beaten egg, and lastly in crumbs; fry in deep fat, less than ten minutes, and drain on paper. Serve with ketchup.

Boiled Leg of Mutton

Cover with boiling salted water in a deep pot, and boil until the thick end is tender. Skim whatever scum rises to the surface. When

the meat is done, remove from pot and allow to drain until quite dry. Serve with capers and small pieces of butter scattered over the meat. Or cook mint leaves chopped in vinegar, with a little sugar added, cool, and serve as dressing in a separate dish.

Lamb Curry

Cut three cupfuls of raw lamb or mutton into inch pieces. Place on fire in cold water and boil up once. Pour off water; cover with fresh water; add two or three sliced onions, and cook until meat is tender. Remove from fire; strain off liquor and thicken it with two table-spoons of flour, mixed with half a teaspoon of curry and a pinch of pepper and salt and browned in two tablespoons of butter. Pour gravy over meat; reheat; serve with rice.

Lamb Fricassee

Cut into pieces suitable for serving as much raw lamb as the meal will require; cover with boiling water, and simmer until the meat is tender. Take lamb from kettle; allow it to cool, season with salt and pepper, and dip each piece in flour. Brown meat with a slice of onion in butter. Remove from frying-pan to a hot platter; add one or two tablespoons of butter (according to quantity of meat) to that remaining in the pan; brown an equal amount of flour in the butter, and dilute with hot lamb-liquor from which the grease has been re-

30 SIMPLE RECIPES FOR HOME COOKING

moved. When gravy is of proper consistency, boil for two or three minutes, and strain over the lamb.

Lambs' Kidneys

Soak half a dozen lambs' kidneys in salt water for two hours. Drain; trim off fat; slice, season with salt and pepper, and fry for five minutes in butter. Sprinkle flour over kidneys; add three-fourths of a cup of boiling water or stock. Stew for five or six minutes. A few slivers of onion may be fried with the kidneys for flavoring, or a teaspoon of lemon juice may be added at the very last.

POULTRY

Roast Chicken

Young fowls are always best for roasting; but if an old fowl should be used, the meat may be made more tender by steaming or par-boiling previous to roasting.

Draw inwards and crop from chicken; remove pin-feathers; singe off hairs over a lighted newspaper; wash the bird well in cold water in which a little soda has been dissolved; tie legs and wings closely to body. Prepare a stuffing of stale bread moistened in stock or water and seasoned with salt, pepper and sage. Stuff, beginning at neck-end and filling body last. Sew up cavity with a coarse needle and string. Lay chicken on grating over dripping-pan; rub skin with salt; spread butter mixed with a little flour over breast and legs; place in a hot oven. After ten minutes reduce heat somewhat. Baste chicken three or four times with butter and water; afterwards with drippings. Turn frequently, so that all surfaces may be well browned. When the breast is tender, the chicken is done. A fair-sized chicken requires between one and one-half and two hours roasting.

Stew giblets separately. Thicken drippings with browned flour; stir in the water in which giblets have been cooked; add giblets; boil gravy for three minutes, and serve in a boat.

Broiled Chicken

For broiling only young chicken should be used. Singe the bird over a lighted paper; wash in cold water; slit open, from base of neck to tail, dividing backbone. Lay the two halves flat, removing entrails, rib-bones, and breast-bone, and leaving flesh of breast intact. Salt and pepper, and lay on a well greased broiler over a dripping-pan, skin side down. Spread chicken with butter and bake fifteen minutes in a brisk oven. Remove from oven and broil until done over a clear fire.

Chicken Fricassee

Dress, singe, wash, and cut up a young fowl or two young chickens. Cover with cold water in a stewpot and heat slowly. Slice half a pound of salt pork and fry crisp; remove pork, chop, and add to chicken. Brown two sliced onions in the pork fat, and put them into the pot with a teaspoon of allspice and half a teaspoon of cloves. Stew until meat is tender. Remove pieces of fowl to a hot covered dish. Thicken gravy with three tablespoons flour browned in butter; add two teaspoons chopped parsley and a cup of rich milk. Bring gravy to boiling-point; strain; return both chicken and gravy to pot; boil up once, and serve, pouring gravy over the meat.

If an old fowl should be used for the fricassee, it will require longer cooking, of

course; and in any case it will lack the delicacy of younger birds. If only one small bird is to be fricasseed, less pork will be needed.

Fried Chicken

Prepare and cut up a very young chicken as if for a fricassee; sprinkle with pepper and salt, and fry slowly in pork fat. Prepare a sauce by browning three tablespoons of flour in two of butter, stirring in a cup of hot stock or boiling water, and seasoning with salt and pepper to taste.

Or, after cutting up chicken, rinse in cold water, season with pepper and salt, dip in flour until no more will adhere to the meat, and fry slowly in pork fat (half a pound of pork to each chicken) until meat is well browned and quite tender. Prepare a sauce by blending two tablespoons of flour with two of hot melted butter, and beating in a cup of scalded milk before flour is browned. Season sauce to taste.

Goose, Duck, Turkey

In roasting goose or duck, cover the breast with thin slices of salt fat pork for the first hour of roasting. Otherwise, follow same rules as in the case of roast chicken. Turkey is roasted precisely as chicken, except that the time required for baking may be longer. If turkey browns too fast, cover breast with a buttered paper until the last few minutes of roasting.

Boiled Fowl

Prepare as for roasting, but omit stuffing. Wring out a cheesecloth after wetting in cold water; give one side of cloth a coating of flour; sew it around the fowl. Place bird in a pot, covering with boiling water, and boil slowly for over an hour. Time required for cooking will depend much upon the size and toughness of the fowl. After half an hour's boiling, salt the water to taste.

Prepare a white sauce, as in case of Fried Chicken, and add three cups of celery that has been cooked tender and rubbed through a sieve.

VEGETABLES

Boiled Potatoes

Inexperienced cooks are apt to think that a matter so simple as the boiling of potatoes needs no comment. Yet there can be as much difference between carefully and carelessly prepared potatoes as there is between well baked and half baked meat or pastry. For instance, there is a considerable difference between old potatoes (winter and spring) and new potatoes (summer and early fall). Also, much of the desired "mealiness" may be lost or saved in paring; a large amount of the potato's starch lies next to the skin, and is wasted by careless paring.

If potatoes are to be boiled in their skins, put them on the fire in cold water with a little salt. Boil until a fork will slip easily into the largest. Pour off water, leaving potatoes dry in the pot, and set on the back of the range. *Leave the lid off*, otherwise the potatoes will "sweat" and be waxy. When they are quite dry, peel the potatoes by rubbing or scraping off their skins, and serve in an open dish. The full flavor of plain boiled potatoes is brought out only when they are eaten without gravy, slightly salted, or cut up on the plate and spread with butter.

When boiling potatoes without the skins,

36 SIMPLE RECIPES FOR HOME COOKING

pare very thin, and lay them in cold water for thirty minutes. Then put them in a pot of salted boiling water, and keep water galloping until the largest potato is done. Drain, dry, and salt. Never allow potatoes to stand in water after they are tender. Old potatoes are best set on the stove in cold water; but in the case of new potatoes, this is apt to dissolve the starch too rapidly.

Mashed Potatoes

Always use old potatoes for mashing. Pare, soak half an hour in cold water, drain, and boil in fresh water, with salt. When done, drain potatoes dry, salt, and mash with a wooden masher, working in a large lump of butter and scalded milk until smooth, soft, and light. Beat potatoes well with the masher so that they will be white and "fluffy." Serve sprinkled very lightly with pepper and dotted with small lumps of butter. Mashed potatoes may be browned in a baking dish in the oven, after being glazed with butter or with beaten egg spread over the surface.

Baked Potatoes

Wash and dry large potatoes, and bake in a hot oven until they are tender under pressure of the fingers. Make a two-inch split in the skin of each; open the crack by squeezing gently, and sprinkle the exposed contents with

salt, pepper, a dash of paprika. Add a small lump of butter and serve on a napkin. The skins of baked new potatoes are delicious.

Stuffed Baked Potatoes

Bake large potatoes until soft. Slice off the end; remove the inside; mash (see Mashed Potatoes), including sufficient salt and pepper and two beaten eggs. Refill the skins, grate cheese over the top of each, and bake less than ten minutes in a very hot oven.

French Fried Potatoes

Pare potatoes and cut them in pieces about three-eighths inch in diameter and between two and three inches long. Lay them in cold water for an hour; dry the pieces with a towel and fry them in deep fat that is not too hot. Drain, salt, and serve.

Potato Chips

Pare small potatoes and slice as thinly as possible into a bowl of cold water. Soak for over an hour, changing water at least once. Drain; parboil for a minutes in galloping water; remove, and dry between two towels. Fry brown in deep fat, stirring gently with skimmer. Drain and salt.

Potato Fluff

Melt a generous tablespoon of butter and beat it thoroughly into two cups of cold mashed potatoes. Whip up two eggs very light and beat them into the potatoes with three-fourths cup of milk. Salt to taste, beat smooth and light, pour into a baking-dish, and place in a hot oven. Bake until the top is browned.

Potato Croquettes

Beat two tablespoons of melted butter into two cups of cold mashed potato. Season with nutmeg, pepper, and salt; add chopped parsley or celery tops and one beaten egg. Whip with a fork until light and creamy. Roll into cone-shaped croquettes; dip cones in beaten egg and then in breadcrumbs; fry in deep fat; drain, and serve.

Creamed Boiled Potatoes

Cut up cold boiled potatoes in three-quarter inch cubes and put them in a stew-pan with not quite enough scalded milk to cover them. Add a few bits of onion sprouts cut from old onions, or a few small slivers of sliced onion. Heat almost to boiling-point; add salt and pepper, and a lump of butter. Thicken with a little cornstarch or flour rubbed smooth in enough cold water to pour easily. Stir con-

stantly until the milk has become as thick as it will; then serve. If a double boiler is used instead of a stewpan, there will be no danger of burning.

Creamed Potatoes au Gratin

Pour creamed potatoes into a baking dish that has been lined with buttered crumbs. Cover top with grated cheese and another layer of buttered crumbs. Bake in a brisk oven until crumbs are brown.

Baked Sweet Potatoes

Bake sweet potatoes until soft. Take them from the oven; split each potato lengthwise; remove the inside, saving skins. Mash, adding butter and hot milk to moisten, and season with salt and pepper. Refill the skins, and bake in a hot oven for a few minutes.

Glazed Sweet Potatoes

Parboil sweet potatoes for ten minutes and remove skins. Boil half a cup of sugar wet with four tablespoons of water until the syrup is clear, and add a lump of butter. Halve the potatoes lengthwise and arrange them in a buttered pan. Coat each piece with syrup, and bake for about twenty minutes, basting two or three times with the syrup that remains. If more than six medium-sized potatoes are used, make a double amount of syrup.

40 SIMPLE RECIPES FOR HOME COOKING

Fried Sweet Potatoes

Parboil for fifteen minutes and remove the skins. Cut thick slices lengthwise and fry in butter. Fried sweet potatoes are excellent eaten with maple syrup.

Boiled Cabbage

Cut up cabbage, discarding outer leaves, and rinse thoroughly in cold water. Cover with boiling water in a pot and at the end of fifteen minutes change the water. Boil until leaves are very tender. Drain, and serve hot with butter and salt. Some persons prefer the cabbage chopped before it is served, with butter stirred in.

Cabbage must always be boiled in two waters. The liquor in which corned beef has been boiled serves excellently as a second water, lending its flavor to the cabbage.

Baked Cabbage

Chop cold boiled cabbage. Add pepper, salt, a lump of butter, three or four tablespoons of milk, and two beaten eggs. Mix thoroughly and bake in a buttered dish until the top is well browned.

Boiled Cauliflower

Pick off leaves, cut stalk close, and soak

cauliflower half an hour in cold water. If the head is small, it is best to leave it whole; a large one must be quartered. Cover with boiling salted water and cook until quite tender. Make a drawn butter sauce by adding three tablespoons flour to three of melted butter, and stirring in gradually over a hot stove a cup and a half of boiling water. Season sauce with salt and pepper and boil three to five minutes; then add a few small lumps of butter. When the cauliflower is cooked, lay it on a hot dish and pour the sauce over it.

Creamed Cauliflower

Cut up cauliflower in small clusters, and soak half an hour in cold water. Cover with boiling water and cook for fifteen minutes. Pour off water, leaving less than a cupful in the stew-pan; add half a cup of milk thickened with two tablespoons of flour, a lump of butter, pepper and salt. Bring to boiling-point, and cook very slowly for five minutes, stirring gently so as not to break the clusters of cauliflower. Remove cauliflower with a skimmer, and place in a hot dish, pouring the sauce over it.

Scalloped Cauliflower

Prepare and boil as for Creamed Cauliflower, cooking until quite tender. Arrange clusters closely in a buttered baking-dish, stems down. Moisten a cupful of bread-crumbs

42 SIMPLE RECIPES FOR HOME COOKING

with milk and melted butter, add a well-beaten egg, pepper and salt, and cover the cauliflower completely. Cover the dish tightly and put it in a hot oven. After five or six minutes, remove the cover and bake until nicely browned. If the oven is hot enough, between ten and fifteen minutes altogether will be enough.

Corn Oysters

Remove raw corn from the cob with a coarse grater. Mix one cup of grated corn with four tablespoons flour; add salt and pepper, and stir in a beaten egg. Drop from a spoon into deep fat or onto a greased griddle, making each spoonful about the size of a large oyster.

Corn Fritters

Into a cup of flour stir two teaspoons of salt and one teaspoon of baking powder. Beat the yolks of two eggs and stir into them a pint of canned corn. Add flour, and lastly the whites of the eggs beaten stiff. Fry in a pan with plenty of hot lard. Drain and serve.

Stuffed Green Peppers

Slice off stem end of each pepper; take out the seeds; boil peppers fifteen minutes. Mix equal quantities of wet bread-crumbs and finely chopped ham, either raw or boiled, also one chopped onion, a dash of pepper, and two

tablespoons of melted butter. Chopped cooked chicken, mutton, or veal may be substituted for the ham. Sprinkle salt over the peppers; fill them with stuffing; spread buttered crumbs over the top of each. Arrange in a pan and bake for ten minutes.

Puree of Spinach

Turn half a peck of spinach into a large vessel of cold water and pick out the spoiled leaves. Rinse well in fresh water, and set on the stove with more than enough boiling salt water to cover. When tender, drain, chop and rub through a sieve. Return spinach to stove and heat thoroughly, adding half a cup of cold milk that has been stirred smoothly with a tablespoon of flour. Lastly add a large lump of butter, stirring spinach until all the butter is melted. Turn spinach onto a hot dish; shape neatly, and garnish with slices of hard-boiled egg.

Baked Squash

Cut winter squash in three-inch squares, and after removing stringy parts and seeds arrange in a broad pan. Season with salt and pepper, and coat the surface of each piece with equal parts of melted butter and molasses. Cover and bake in a slow oven. After thirty minutes remove cover and continue baking until squash is soft. Serve with shell on.

Scalloped Tomatoes

Drain off a part of the liquor of a can of tomatoes; add salt, pepper, and sugar to the rest, according to taste. Put a layer of buttered crumbs in the bottom of a baking-dish; pour in tomatoes; cover with a thick layer of crumbs. Brown in a quick oven.

EGGS

Soft Boiled Eggs

Lay the eggs in water gently with a spoon; if they are dropped into the vessel the shells are very apt to crack. Eggs may be put on the fire in cold water and brought slowly to a boil; then they are sure to be delicately cooked if removed as soon as the water begins to gallop. If the eggs are placed at once in boiling water, time them two and a half or three minutes, according to taste. A two-and-a-half-minute egg is very soft.

Poached Eggs

Half fill a perfectly clean frying-pan with hot water and bring to boiling-point, adding a very little salt. Remove frying-pan from fire, and break the eggs separately into a saucer, slipping them one by one from the saucer into the pan. Replace pan on the stove and boil three minutes, taking care that the water does not boil too hard and so break the whites of the eggs. A special egg-poacher may be used to keep the eggs in shape while cooking, or muffin rings, immersed in the water previous to slipping in the eggs, will serve the same purpose.

Fricasseed Eggs

Boil eggs ten minutes; cool, peel, halve cross-wise, and remove yolks. Rub yolks into a paste with melted butter and a little mustard, adding a few spoonfuls of very finely chopped ham or chicken. Fill the whites and arrange them closely in a baking-dish, open ends up. Pour over the eggs hot gravy or drawn butter sauce (see recipe for Boiled Cauliflower); cover dish tightly and set it in a warm oven for five minutes.

Scrambled Eggs

Break half a dozen eggs into a bowl. Heat a quarter of a cup of milk and a lump of butter in a frying-pan until milk is scalded. Add eggs, salt and pepper, and stir rapidly so that none of the egg adheres for more than a second to the pan. When eggs are dry and stiff, turn them into a hot dish, or else onto well-buttered hot toast. More butter and no milk may be used in cooking, if desired.

Plain Omelette

Break half a dozen eggs into two dishes, carefully separating yolks from whites. Beat yolks thick with a fork; add three-fourths of a cup of milk, salt and pepper. Beat whites very stiff and stir them into the prepared

yolks. Pour at once into a hissing-hot, well-buttered frying-pan, and cook over a fairly hot fire. As the cooking proceeds, slip a thin knife under the edges of the omelette (do not stir), so as to be sure it does not burn. When the top part of the omelette is no longer fluid, quickly fold the whole double, allow it to "set" for a few seconds, and turn onto a hot platter. Serve at once, before the omelette falls.

Meat or Vegetable Omelette

Make a plain omelette, and just before folding, scatter chopped meat or vegetables over the surface. Fold, as before, using a broad, thin knife, and tilting pan to aid the lifting.

SALADS

Plain French Dressing

Beat together one part of vinegar and two parts of olive oil. Add salt and pepper to taste and blend all ingredients thoroughly.

Plain Boiled Dressing

Mix two tablespoons sugar, two teaspoons flour, one teaspoon mustard, two teaspoons salt, and a few grains of cayenne pepper. When dry ingredients are well stirred, add one beaten egg. Scald three-fourths of a cup of milk, and stir gradually into the rest. When milk is thoroughly incorporated, stir in very slowly a fourth of a cup of vinegar. Cook until thick in a double-boiler; then strain out any lumps that may remain, and cool.

Sour Cream Dressing

Mix together one tablespoon sugar, one teaspoon salt, and one teaspoon mustard; stir in little by little five tablespoons vinegar; add two beaten eggs and one cup of sour cream. Beat all together, and cook in a double-boiler until dressing thickens (two or three minutes).

Mayonnaise Dressing

Mix one teaspoon of salt with one of mustard; add the yolks of two eggs and stir well. Add a few drops of vinegar; stir; add olive oil, a few drops at a time, stirring rapidly all the while. Add vinegar and oil alternately, until four tablespoons of vinegar and a cup and a half of oil have been used. Some persons prefer to use lemon juice in place of half the vinegar. A few grains of cayenne may be added to the mustard to give a sharper "tang." But the real secrets of good Mayonnaise are constant stirring or beating, thoroughly chilled oil, and a slow, steady addition of the liquid ingredients.

Potato Salad

Potato salad is made of cold boiled potatoes, sliced or cut in cubes, mixed with salad dressing, seasoned, and garnished to the cook's taste. Common garnishings are slices of hard-boiled egg, cold boiled or pickled beets, parsley, and watercress. French Dressing, Plain Boiled Dressing, or Mayonnaise Dressing may be used. Oftentimes nuts, chopped celery, peppers, onions, or sliced apple are mixed with the potato; but not more than two such ingredients together are advisable. The cook may use her imagination in preparing a salad, but she must also use her good taste.

Lettuce and Tomato

Remove skins from tomatoes and set them in the icebox, or where they will be well chilled. Slice one-quarter of an inch thick and arrange on lettuce that has been carefully washed in cold water. Use platter or separate serving-dishes. Drop Mayonnaise Dressing in neat shapes over the tomatoes, or else serve a spoonful of dressing on the side of the dish. Half a large tomato (cut crosswise) served on lettuce and garnished with Mayonnaise Dressing makes an attractive individual salad.

Egg Salad

Boil eggs ten minutes; peel, cool, and cut crosswise in halves. Remove yolks and mash, moistening them with a little oil, vinegar, and lemon juice. Do not make the yolk-paste too thin. Season with salt and pepper, and refill the whites. Serve on lettuce with whatever salad dressing you prefer.

Cottage Cheese

Warm sour milk to temperature slightly above blood-heat. Allow it to stand on a warm (not a hot) part of the stove until the curds feel slightly rough when rubbed between the

thumb and finger. Then turn the milk into a sieve that has been lined with a cheesecloth, and pour over the curds several cups of hot water. When water has drained through, gather up the ends of the cloth so as to make a bag; tie, and hang by a cord to drip. When curds are dry, moisten them again with sweet cream; season to taste with salt, pepper; add finely chopped onion if you wish. Shape into rolls or balls.

Fruit Salads

Fruit salads give plenty of opportunity for the cook to use her ingenuity, since there are so many fruits which are attractive in combination. Good judgment and the amount of time she is willing to spend on the preparation are her chief guides. The changes may be rung endlessly on grapes, oranges, bananas, grapefruit, apples, celery, pears, peaches, nuts, and cream cheese,—with comparative safety. And the result may be called Monte Cristo Salad, or Swiss Family Robinson Salad, or What You Please Salad. Mayonnaise Dressing is good for most of them; or plain olive oil will often serve the purpose. Certain fruit salads call for French Dressing, but one should be careful not to use too much vinegar when the fruit itself is acid.

Meat Salads, Etc.

Cold chopped meats, fish, and shell-fish are excellent in salads, the common garnishings being raw tomatoes, hard-boiled eggs, peppers, lettuce, celery, capers, pimientoes, etc.

BREAD

White Bread

Dissolve half a yeast cake in a fourth of a cup of lukewarm water. Pour four cups of boiling water into a large mixing-pan; add two level tablespoons of shortening (Crisco or lard), one tablespoon of sugar, and one tablespoon of salt. When these ingredients are lukewarm, add the dissolved yeast, and stir in sifted flour gradually until dough is just stiff enough to knead. Sprinkle over a little flour, and knead rapidly, turning lump over and over, until dough no longer sticks to the hands. Cover mixing-pan with a cloth; place a tin or wooden cover over that, and let it stand in a warm room overnight. In the morning cut the dough through several times with a knife, turning the lump over. This partly checks fermentation, and should always be done unless the bread is to be baked very early in the day. Cover dough as before, after cutting it down. When it is convenient to knead, remove dough from pan to a floured board and work it with the hands. Shape in loaves and lay in greased baking-pans, taking care that the dough does not more than half fill each pan; then cover with a cloth and allow dough to rise until it has doubled its bulk. Bake between forty-five and sixty minutes. When done, the bread should slip easily from the pans. Lay hot loaves on a towel, each loaf on its side to cool. If loaves are covered well with

a cloth while cooling, the crust will be soft; otherwise it will be crisp. The crust may be made more tender by brushing over with melted butter a few moments before removal from the oven.

Whole Wheat Bread

Dissolve half a yeast cake in a fourth of a cup of lukewarm water. Pour four cups of boiling water into a large mixing-pan; add two tablespoons of shortening, two tablespoons of sugar, one tablespoon of molasses, and one tablespoon of salt. When these ingredients are lukewarm, add the dissolved yeast and four cups of whole wheat flour, stirring all in thoroughly. Add gradually sifted white flour until dough is just stiff enough to knead. Proceed as in the case of White Bread.

Oatmeal Bread

Dissolve half a yeast cake in a fourth of a cup of lukewarm water. Pour four cups of boiling water into a large mixing-pan, and stir in one cup of rolled oats. Add two tablespoons of shortening, four tablespoons of sugar, and one tablespoon of salt. When shortening is melted and other ingredients are lukewarm, add the dissolved yeast. Stir in gradually sifted white flour until spoon will stand upright in the dough; continue stirring until every bit of flour is blended. Cover mixing-pan with a cloth; place a tin or wooden cover

54 SIMPLE RECIPES FOR HOME COOKING

over that, and let it stand in a warm room over night. In the morning dip the dough **out** into greased baking-pans until each pan is half full. Color a few tablespoons of water with molasses, and dipping the fingers frequently in this, smooth over top of dough in the pans. The back of a large spoon may be used instead of the fingers, if a little of the water is first spilled over the dough. Bake like White Bread, cooling loaves on a towel after taking them from the oven.

Raisin Bread

Dissolve half a yeast cake in a fourth of a cup of lukewarm water. Scald two cups of milk and pour into a mixing pan or bowl large enough to hold the dough. Add to the hot milk half a cup of shortening, half a cup of sugar, and a teaspoon of salt. When the shortening is melted and the other ingredients are lukewarm, add the dissolved yeast. Sift together six cups of flour and one level tablespoon of ground cinnamon, and add them gradually to other ingredients. When thoroughly mixed, stir in half a cup of seeded or seedless raisins, dusted with flour. Cover sponge and leave over night in a warm room. In the morning, stir in sifted flour until dough is just stiff enough to knead. Proceed as in the case of White Bread.

Two beaten eggs may be added to the milk and shortening just before stirring in the flour; but the bread is almost as rich without them.

Raised Biscuits

Dissolve half a yeast cake in a fourth of a cup of lukewarm water. Scald a quart of milk and pour into a mixing-pan. Add three-fourths of a cup of shortening (half butter and half lard), two tablespoons of sugar, and a teaspoon of salt. When lukewarm, add the dissolved yeast and enough sifted flour to make a soft sponge. Cover and leave overnight in a warm room. In the morning, add enough sifted flour to make a soft dough; let the dough rise; remove to a floured board and roll out three-quarters of an inch thick. Cut into small circles with a biscuit-cutter, or a small cookie-cutter. Place in broad, greased pans; allow to rise; bake in a hot oven.

Graham Bread

Dissolve half a yeast cake in a fourth of a cup of lukewarm water. Pour two cups of boiling water into a mixing-pan, and add a tablespoon of shortening, a tablespoon of molasses, a tablespoon of sugar, and two teaspoons of salt. When mixture is lukewarm, add half a teaspoon of soda and the dissolved yeast. Stir in enough white flour to make a soft sponge (a little thicker than batter); cover and leave in a warm room overnight. In the morning, add Graham flour to make a dough not too stiff to stir, and too soft to knead. Stir flour in well; then allow dough to rise. Dip with a spoon into greased baking-pans, and when it has risen again, bake in a fairly hot oven.

MUFFINS, CORN BREAD, ETC.

White Muffins

Sift together two cups of flour, three teaspoons of baking powder, one tablespoon of sugar, and half a teaspoon of salt. Add three-fourths of a cup of milk and two eggs beaten very light; lastly, stir in two tablespoons of melted butter. Bake twenty-five minutes in a hot oven, using regular gem or muffin pans well buttered.

Whole Wheat Muffins

Stir together a cup of whole wheat flour and one of white flour; add a fourth of a cup of sugar, four teaspoons of baking powder, and half a teaspoon of salt. Mix dry ingredients thoroughly. Add one cup of milk, one well beaten egg, and lastly one tablespoon of melted butter. Bake twenty-five minutes in a hot oven, using greased muffin pans.

Corn Bread or Muffins

Stir together one cup of cornmeal, two cups of flour, five teaspoons of baking powder, half a cup of sugar, and one teaspoon of salt. Add a cup of milk and two eggs beaten light; and next, four tablespoons of melted butter. Very gradually, add enough milk to make a thick batter. Bake in a shallow buttered pan, or in buttered muffin tins, for twenty-five minutes. The oven should be fairly hot.

Johnny Cake

Stir together two cups of cornmeal, one cup of flour, one teaspoon of salt, and a half a cup of sugar. In a separate bowl stir a teaspoon of baking soda into a cup of sour milk; when foaming, add a cup of sweet milk, and stir all into the dry ingredients. A beaten egg may be included if desired, but this is not necessary. Lastly, add four tablespoons of melted butter. Bake twenty-five minutes in a fairly hot oven, using a shallow buttered pan.

Pop-overs

Stir half a teaspoon of salt into a cup of flour, and beat in gradually a cup of milk. Add two eggs whipped light, and beat the batter rapidly for two or three minutes, including a scant teaspoon of melted butter. Butter muffin tins and place them in oven until hissing-hot. Turn batter into tins and bake in a hot oven for half an hour.

A sauce may be made for pop-overs, as follows:

Blend thoroughly one cup of sugar with half a cup of butter; stir in the yolk of one egg; add two tablespoons of boiling water and a teaspoon of vanilla; blend thoroughly. Beat the white of the egg to a foam and stir rapidly into the rest.

Steamed Brown Bread. I

Mix thoroughly two cups of Graham flour, two cups of cornmeal, and two teaspoons of salt. Add two cups of sour milk, two beaten

58 SIMPLE RECIPES FOR HOME COOKING

eggs, and half a cup of melted butter or Crisco. In a small bowl, stir a teaspoon of baking soda into half a cup of molasses, and when foaming, add to other ingredients. Turn into a buttered pudding-boiler, fasten on the cover, and steam for three hours.

Steamed Brown Bread. II

Mix two cups of corn meal with two of rye meal and a teaspoon of salt. Add three cups of milk, either sweet or sour. Stir a teaspoon of baking soda into a cup of molasses, and when foaming, pour into other ingredients. Beat well and turn into buttered pudding-boiler. Steam three hours. Always allow for rising of the bread, when putting batter into the mold. Two-thirds full is a safe rule.

Griddle Cakes

Mix one teaspoon of salt with a fourth of a cup of cornmeal in a bowl. In a separate bowl, stir one teaspoon of baking soda into two cups of sour milk, and when foaming stir into cornmeal. Allow mixture to stand for half an hour; add enough flour to make a thick batter; then thin to desired consistency with cold water. Experience will show how much water to use. Drop by tablespoonfuls onto a hot greased griddle, turning when top side is full of bubbles. Serve hot with syrup, jelly, or marmalade, and butter.

Whole Wheat Griddle Cakes

Mix half a cup of whole wheat flour, one cup of white flour, three tablespoons of sugar,

three teaspoons of baking powder, and half a teaspoon of salt. Add one and one-fourth cups of milk, a beaten egg, and lastly a tablespoon of melted butter. Stir well; allow to stand for a few minutes, and drop by tablespoonfuls on a hot greased griddle. Serve hot with butter and syrup.

Plain Plum Pudding

Mix three cups of flour, half a cup of sugar, half a teaspoon of salt, half a cup of raisins, and half a cup of finely chopped suet. In a separate bowl stir a teaspoon of baking soda into a cup of sour milk, and when foaming, add to dry ingredients. Turn into a buttered pudding-boiler and steam three hours.

Make sauce as follows:

Rub two tablespoons of flour with a little cold water until mixture will pour. Then add boiling water gradually, until thinned to consistency of rich cream. Add half a cup of brown sugar, a tablespoon of butter, and the juice of half a lemon. Bring to boiling point and serve poured over slices of pudding.

Baking Powder Biscuits

Work three tablespoons of lard or butter into four cups of flour into which have been stirred a teaspoon of salt and six teaspoons of baking powder. Work with tips of fingers until all the flour and shortening are blended. Add enough milk to make a soft dough. Toss on a floured board and roll lightly about three-fourths of an inch thick. Cut out with a cookie-cutter, and bake fifteen to twenty minutes in a hot oven. Do not grease pan.

CAKES, GINGERBREAD, ETC.

Feather Cake

Mix two cups of flour, four teaspoons of baking powder, one cup of sugar, and half a teaspoon of salt. Add one cup of water, one beaten egg, two tablespoons of melted butter or Crisco, and a teaspoon of vanilla. Bake thirty to forty minutes in a shallow buttered pan.

So much of the success of cake-baking depends upon the careful management of the oven (and ovens can be quite as temperamental as any cook!) that one hesitates to give definite directions. If the recipe says "hot oven" the inexperienced cook may read "very hot"; or if she is directed to bake a sponge cake, for instance, in a moderate oven, the result may be a fallen cake from too little heat. The experienced cook, of course, knows the proper temperature for a particular cake, without being told.

Sponge Cake

Sift together a cup of flour, two teaspoons of baking powder, and half a teaspoon of salt. Beat yolks of eggs creamy, and, still beating, add one cup of sugar, three tablespoons of hot water, and a teaspoon of vanilla or lemon extract. Add flour gradually, and last of all fold in the whites of the eggs beaten stiff. Place in a medium hot oven, reducing temperature slightly after five minutes. Bake about forty-five minutes, in a shallow buttered pan.

Sour Milk Cake

Sift together two cups of flour and a teaspoon of salt. Rub a cup of sugar into three tablespoons of butter; add two beaten eggs, two tablespoons of water, and one cup of sour milk or cream into which has been stirred a teaspoon of baking soda. Lastly add the flour, and beat the batter well before turning into buttered pan. Bake about forty-five minutes in a moderate oven.

Lillian's Cake

Sift together one and three-fourths cups of flour, one teaspoon of ground cinnamon, one-half teaspoon of ground cloves, and a half a teaspoon of salt. Rub one cup of sugar into three tablespoons of butter or Crisco, and add one beaten egg. Stir one teaspoon of baking soda into a cup of sour milk, and when foaming add to other ingredients, stirring in flour last. Beat batter well; turn into a buttered pan, and bake forty-five minutes in a moderate oven.

Coffee Cake

Sift together four and one-half cups of flour, one teaspoon of cinnamon, one teaspoon of ground allspice, half a teaspoon of ground cloves, and half a teaspoon of salt. Rub one cup of sugar into one cup of butter or Crisco; add a beaten egg and one cup of strong coffee (pour a cup and a fourth of cold water on half a cup of finely ground coffee and bring to boiling point; strain through a fine sieve). Mix a teaspoon of baking soda with a cup of mo-

62 SIMPLE RECIPES FOR HOME COOKING

lasses, and when foaming stir into the other liquid ingredients. Add dry ingredients last. Stir well; turn into buttered breadpans, half filling each, and bake one hour in a slow oven.

Fairy Gingerbread

Sift together one cup of flour, one teaspoon of ginger, one teaspoon of cinnamon, and half a teaspoon of salt. Rub a fourth of a cup of sugar into an equal quantity of butter; add a fourth of a cup of sweet milk, a fourth of a cup of sour milk, and the dry ingredients. Stir a teaspoon of baking soda into a fourth of a cup of molasses, and when foaming beat thoroughly into the batter. Bake twenty minutes in a very moderate oven.

Sugar Gingerbread

Sift together three pounds of flour (weighed out carefully), six teaspoons of baking powder, three tablespoons powdered ginger, two tablespoons of cinnamon, and a teaspoon of salt. Set aside a fourth of a cup of this flour for rolling dough on the board. Rub a pound and a half of sugar into one pound of butter; add five beaten eggs, half a cup of water in which a fourth of a teaspoon of soda has been dissolved, and lastly the dry ingredients. Stir thoroughly; roll out thin on a floured board; mark dough with a grooved roller, and cut into oblongs or squares. Lay in shallow buttered pans and bake in a moderate oven until crisp and golden-brown.

All tablespoon and teaspoon measures must be levelled with a knife. Flour, butter, and sugar must be weighed accurately.

PIES

Pie Crust

Using a broad blunt silver knife, chop one cup of cold butter, lard, or Crisco into three cups of flour sifted with a teaspoon of salt. Do not touch with the hands. When shortening and flour are fairly well blended, add a little less than a cup of cold water. Toss dough on a floured board and roll out; fold, roll again, and continue until a smooth sheet of dough is obtained. Pie crust should be rolled with a firm, quick touch, very different from that used in rolling cooky dough. Allow pie crust dough to stand two or three days in a cool place before using, as this improves its texture.

Apple Pie

Line pie pan with pie crust dough; fill with thinly sliced apple; scatter sugar and cinnamon over the apple. Roll out dough for upper crust; lay the sheet of dough over the pan, and trim off edges with a sharp knife. Pinch the edges of the two crusts together, making a fluted rim. Bake until apples are soft and crust is brown.

Some cooks add nutmeg, lemon juice, grated lemon rind, salt, and small lumps of butter to the sliced apples before putting on the upper crust. Wetting the rim of the under crust with a little water before pinching on the top crust will make the two edges stick together.

Squash Pie

Mix one and one-half cups of boiled mashed winter squash with half a cup of sugar, half a teaspoon of ginger, half a teaspoon of cinnamon, a quarter of a teaspoon of nutmeg, half a teaspoon of salt, one beaten egg, and half a cup of cream. Line pie pan with pie crust dough, adding a fluted strip of dough, moistened on the underside and pressed around the rim of the lower crust. Fill the pan and bake until the custard solidifies.

Lemon Pie

Mix two tablespoons of flour, two tablespoons of cornstarch, and three-fourths of a cup of sugar. Stir in rapidly three-fourths of a cup of boiling water. After two minutes cooking over a hot stove, add a teaspoon of butter, the beaten yolks of two eggs, three tablespoons of lemon juice, and two teaspoons of grated lemon rind. Cool mixture, and pour into a pie pan which has been lined with baked pie crust. (Pinch rim around with thumb to make a fluted edge, and bake until crust is brown). Beat whites of the two eggs very stiff; add two tablespoons of powdered or granulated sugar, and lastly a teaspoon of lemon juice or half that amount of vanilla. Spread the whipped and flavored whites over the pie, and place in the oven until meringue is a delicate brown.

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